

# Safety On The Road

## Wear Protective Gear

Like many other kinds of work, jobs in the transportation industry may require you to use special personal protective gear to prevent injuries.

You'll need to get the advice of your safety supervisor and take part in company job training before deciding on just the right type of Personal Protective Equipment (PPE).

### Here is a sampling of the types of PPE required in various kinds of transportation work:

- Hardhats are worn where there is a danger of impact to the head from falling objects and overhead obstructions. Special hardhats may also be required to provide some protection against electrical shock. Operators of heavy equipment at construction sites and forklifts at warehouses are just some of the workers who need special head gear.
- Cargo which moves unexpectedly can create pinchpoints which injure the hands. Gloves are worn in many transportation occupations, to protect the worker from cuts, scrapes and bruises. Special types of gloves are also available to provide some protection from cumulative trauma injuries caused by long-term exposure to vibrating equipment.
- Do not wear gloves, loose clothing or jewelry around rotating machinery because of the danger of entanglement.
- To guard against injuries to the feet and toes, wear adequate footwear. Make sure it provides the protection appropriate to the circumstances. You will need safety-toed footwear for handling materials which could fall on your feet. Non-slip soles are needed for climbing in and out of cabs and for work around loading docks.
- Protective eyewear is worn to provide protection against impact from flying objects, dust and other hazards. Sunglasses are also a safety feature for outdoor workers, but should never be worn for driving at night. Goggles and possibly a face shield must be worn when jump-starting a battery, because of the possibility of exploding hydrogen gas.
- Hearing protection such as ear plugs, canal caps and earmuffs are needed in noisy work environments. They are worn to protect against noise from heavy equipment and other sources.
- Respiratory protection and other precautions may be required for operating equipment in hazardous atmospheres. Workers handling loads of hazardous materials may also need respirators.
- Shirts with long sleeves may be required. Pants without cuffs may be needed to prevent tripping accidents.
- Cold weather calls for protective clothing including a hat, gloves, insulated boots and a warm jacket. Dress in layers so you can add or subtract clothing as the temperature changes. Carry clothing appropriate for the weather outside, to protect you in case of a breakdown.
- Clothing made of chemically resistant materials will be required for handling certain substances. This gear can include gloves, aprons, eyewear and other kinds of protective wear. The protective gear must be of the correct material to protect against the specific hazard.
- Jobs around bodies of water and other liquids may require Personal Flotation Devices to be worn to prevent drowning.
- Workers at heights, such as those servicing tank cars, may be required to wear fall protection equipment.
- When working around loads of flammable liquids, your clothing must be made of materials to minimize the buildup of static electricity, which can spark an explosion.

*When choosing PPE, get expert advice. Learn what kind of protective gear you should wear for the specific hazards of your job. Also find out how to inspect this equipment for defects and how to maintain it. The proper use and fit of PPE is an important part of your training!*

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